

TIPS FOR NEW NONSMOKERS

You're Smoke Free and in Control...

Enjoy the Benefits

The REALITY that you have TAKEN CONTROL of YOUR ADDICTION will sink in soon. Your sense of accomplishment and pride will continue to increase and you'll gain even more confidence as time passes! Here are things that you have accomplished so far:

- Smokers are now a minority in public places. As a nonsmoker, you can sit anywhere!
- Your voice will change. As a nonsmoker, you will find your smoker's cough (a sign of chronic bronchitis) will improve and your voice will lose some of its hoarseness and become less raspy.
- It's now a JOY, not a job, to breathe!
- Blood is now flowing, without vasoconstriction (blood vessel shrinking) to your face and other parts of your body. For the first time, your face doesn't have the ashen look of a long-term smoker!
- A new identity is yours! You will think of cigarette smokers as THEM instead of US.
- I'm PROUD of ME! Your self-esteem will improve.
- Find a profitable use for the time you once spent smoking. You used to spend up to 150 minutes per day in smoking! That is 2 ½ hours of free time to do things you enjoy!
- You know how to handle stress without nicotine. Cigarettes gave you an excuse to back away from the problem and allow your brain to come up with a solution. Now you know how to think without depending on a cigarette!
- Everything worth doing or worth having takes time, energy, and sacrifice. You have resolved to move away from cigarettes. The cravings will become just a very faint yearning, which will become less and less intense with each passing day and week.

Potential Hazards...and How to Deal with Them

Weight Gain:

- Choose to burn off 200 calories through exercise or delete 200 calories from your food.
- Eat the right number of servings at the right serving size when you have meals and snacks. Over time this will become a habit and by the end of this class series you will know how much food to put on your plate so you don't overeat.
- Take twice as long to eat. Slow down and enjoy the smell and taste of your food. Drink water or club soda with your food, it will help you to feel when you're full.
- Eat less to help you forget about an "after meal cigarette." You won't need it to jump-start peristalsis (moving food through your intestines) to decrease the full feeling.

Risky Thinking:

- "I Can Have Just One." Don't fall into the trap of thinking that you have won the battle and can now have just one cigarette whenever you want. Don't risk stirring up those memories. Just one puff could send you back to where you started!!

Slippery Places:

- Stay away from slippery places like where you're tempted to drink alcohol. It is best to avoid alcohol for at least a month or longer if you can. Many slip-ups happen after a few gulps of alcohol because alcohol can make it harder to resist smoking. If one of your friends lights up, you may be tempted to say, "Maybe just one."
- Plan ahead to avoid a slip-up in the first place. Do you REALLY need to go talk to your friend when he or she is out having a cigarette break? Do you REALLY need to stop at the same convenience store where you used to buy your cigarettes? Can you get what you need somewhere else? Plan ahead and think through small decisions, because that's where the addiction will try to sneak in.
- Right before you slip, you'll get a warning signal. You'll hear your inner voice making excuses. If you hear yourself saying "just once" or "this time will be ok," get out of wherever you are and do something else.



DEPARTMENT OF
**PUBLIC HEALTH
AND WELLNESS**

Louisville Metro Department of Public Health & Wellness and Kentucky Cancer Program coordinate the Cooper/Clayton Method to Stop Smoking with community partners.

